



### CASE STUDY

After two strokes and repeated falls, 96-year-old Sybil Marks began exoskeleton therapy in February 2018. After 11 months of therapy, she regained her mobility, improved her gait, and built her muscles. Now 97 years old, she is independent, social, motivated, joyful, and a huge advocate of exoskeleton therapy.

### PRE-THERAPY CONDITION

- Abnormal gait creating repeated fall risk
- Inability to stand unsupported
- Inability to walk 100 feet with assistive device
- Minimal lower body strength
- Loss of feeling in leg
- Reduced independence and lower quality of life

### POST-THERAPY CONDITION

- Normal gait minimizing fall risk
- Ability to stand unsupported and walk several steps with handholding
- Ability to walk 500 feet with assistive device
- Lower body strength
- Return of sensation in leg
- Independence and improved quality of life

### PHYSICAL DETERIORATION ERODES OLDER ADULT WELL-BEING

Many older adults suffer from lower body weakness, improper balance, and unsteady gait. Caused by stroke or simply the normal aging process, these conditions:

- Limit mobility and personal freedom
- Increase dependence on others
- Promote further physical decline from inactivity
- Reduce the ability to interact socially
- Lead to falls and a generalized fear of falling
- Contribute to depression, isolation, hopelessness, and loss of dignity

### KNOLLWOOD RESPONDS WITH CUTTING-EDGE EXOSKELETON THERAPY

To proactively address this challenge at Knollwood, home to 300 military-affiliated older adults, we pioneered a new use of a cutting-edge physical therapy device. In February 2018, we began pilot testing physical therapy with the EksoGT™ robotic exoskeleton:

- Knollwood is the first and only Life Plan community to offer the EksoGT™ as part of an in-house physical therapy program
- The device was originally designed for spinal cord injury and stroke victims—we are using it for stroke patients as well as to address general debility and deconditioning in older adults
- According to our pilot test, EksoGT™ therapy improves gait, balance, strength, and mobility better than traditional physical therapy

### ABOUT THE EKSOGT™

- Ready-to-wear, battery-powered, portable, adjustable “suit” fitted with motorized “muscles” that help patients walk, re-learn proper gait patterns and weight shifts, build muscle strength, and improve balance.
- Designed for stroke and spinal cord injury patients.
- Available in 260+ rehab centers worldwide.

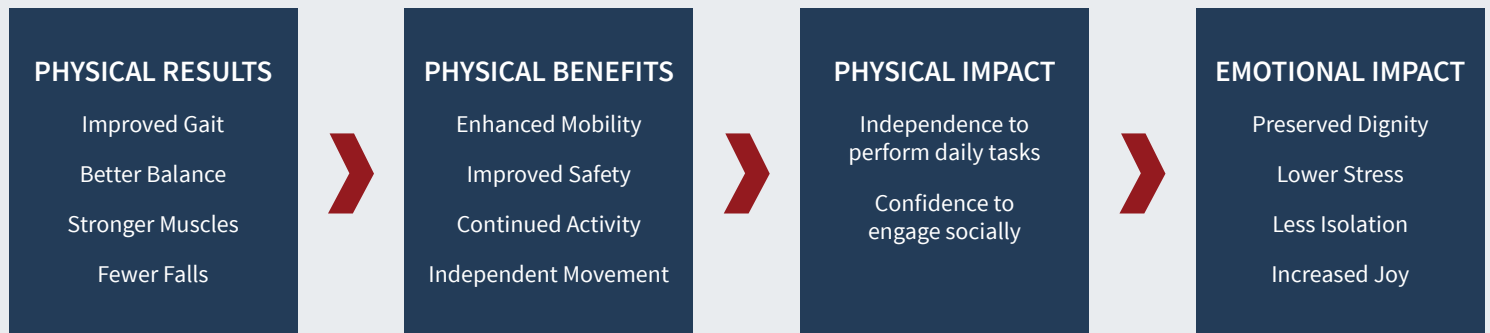


**KNOLLWOOD IS THE FIRST AND ONLY LIFE PLAN COMMUNITY OFFERING THE EKSOGT™ AS PART OF AN IN-HOUSE PHYSICAL THERAPY PROGRAM — AND USING IT FOR GENERAL DEBILITY AND DECONDITIONING**



## EXOSKELETON THERAPY PROMOTES A BETTER LIFE

This cutting-edge therapy has the potential for profound improvements in physical and emotional well-being in older adults. As older adults improve their gait, balance, and muscle strength through EksoGT™ therapy, they can enjoy independent living and a higher quality of life. We intend to document and share our results with other communities so they can learn from our work. Our hope is to see this life-changing therapy reach more people.



## A PATH TO A BETTER LIFE

### YOUR PARTNERSHIP IS CRITICAL TO SUCCESS

With your partnership, this therapy can reach more people. Your financial investment will:

- Support the costs of keeping this therapy program at Knollwood, allowing us to deliver the best possible care to military-affiliated older adults after a lifetime of service
- Allow us to offer exoskeleton therapy on an outpatient basis to serve older adults outside the Knollwood community
- Enable us to formally document results and share information about this impactful therapy program with care providers nationwide



### BENEFITS OUR PARTNERS RECEIVE

By partnering with us, you will bring needed solutions to our nation's aging crisis. Your partnership will:

- Help implement new and innovative ideas to prolong independence and improve quality of life in older adults
- Create opportunities to convey through web and social media your support and commitment for the military community and the advancement of health and wellness for all older Americans
- Differentiate your product, attract new clients and customers, and build brand recognition and loyalty by including social purpose in your business strategy
- Build opportunities to promote your organization's social investment strategy internally to rally employees and increase morale